



	<b>LITTLE ATHLETICS CENTRE/REGION</b>
<b>SEASON</b>	2009/2010

## HEALTHY FOOD CHOICE POLICY

The Centre/Region is aware that healthy eating is a vital part of good health. We recognize that lifestyle diseases such as heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity are all associated with the food we eat..

We acknowledge that healthy eating can have an impact on the lives of our members, and that the provision of healthy foods will contribute to better health for all. Enjoying a variety of foods from the different food groups is the key to healthy eating.

The Centre/Region will ensure that a variety of healthy food choices are available for all its activities. This applies to all meetings, competitions, functions and events and to all members, officials, players, volunteers, spectators, visitors and any others taking part in activities.

The following strategies have been adopted to ensure that a variety of healthy food choices are available at all Centre/Region activities.

1. The Centre/Region canteen (where applicable) will provide a variety a variety of healthy food choices.
2. Healthy food choices will be available at all Centre/Region events and functions.
3. The enjoyment of healthy eating and the role of food in relation to health will be promoted at Centre/Region activities and in Centre/Region publications.
4. Healthy food choices will be displayed more prominently than other foods.
5. Healthy food choices will be priced competitively.
6. The variety of confectionery, potato chips, soft drinks and ice creams will be limited.
7. The Centre/Region will attempt to introduce at least two new healthy food choices to the Centre/Region, each season.

*This policy will be endorsed annually to ensure that it remains relevant to the needs of the Centre/Region.*

**Signed:** \_\_\_\_\_ **President:** \_\_\_\_\_ **Secretary:** \_\_\_\_\_

**Name (please print):** \_\_\_\_\_

# SMOKEFREE POLICY

The Centre/Region is aware that smoking endangers health and believes that all Little Athletics venues and functions should be SmokeFree. In an open park the venue is defined as "the area inside an imaginary boundary 50 metres from the outside perimeter of the circular track".

The following strategies have been adopted to promote a SmokeFree environment:

1. Cigarettes shall not be sold at any venue used by the Centre/Region.
2. Executive members, coaches and officials shall not smoke in view of the public or athletes during the lead up to and conduct of Little Athletics events.
3. All Centre/Region meetings and functions shall be smoke-free.
4. All areas within the Centre/Region will be SmokeFree, including: the clubrooms, canteen, changing room, toilet blocks, spectator areas, and competing areas.
5. The Centre/Region will place no smoking signs in prominent positions and remove ashtrays from all no smoking areas.
6. The Centre/Region will ensure that smokers have a place outside the venue or out of public view, where they can smoke, and provide them with ashtrays/bins.
7. Reference will be made to the SmokeFree policy in Centre/Region publications.
8. Regular announcements will be made to ensure that members and visitors are aware of the Centre's SmokeFree policy. Signs provided by the Association will be placed in the venue.
9. All visitors will be required to observe this policy.

Non-compliance with the policy will be handled by an explanation of the Centre's/Region's SmokeFree policy to the person, including the identification of areas in which smoking is allowed. In the case of continued non-compliance with the policy, Centre/Region officials will use their direction as to the steps to be taken, which may include asking the person to leave the premises or function.

*This policy will be endorsed annually to ensure that it remains relevant to the needs of the Centre/Region.*

**Signed:** \_\_\_\_\_ **President:** \_\_\_\_\_ **Secretary:** \_\_\_\_\_  
**Name (please print):** \_\_\_\_\_

# SUN PROTECTION POLICY

The Centre/Region is aware that children are especially susceptible to the sun's rays and that skin cancer can be prevented.

The following strategies have been adopted:

1. Wherever possible competition and training shall be scheduled outside the hours of 11:00am and 3:00pm (daylight saving time).
2. The Centre/Region will maximise the use of natural shade provided by trees and buildings:
3. Individuals will be encouraged to bring their own shade structures to Centre and Region activities.
4. Where possible, portable shade will be provided at all field event venues and track marshalling areas.
5. Officials shall promote the wearing of sun protective clothing: shirts with long sleeves and a collar, wide brimmed or legionnaire hats and sunglasses.
6. Athletes will be advised to take umbrellas, drink bottles and sunscreen to events. Hats and sunglasses may be worn during competition.
7. SPF 15+ or higher sunscreen will be promoted and made available by the Centre/Region.
8. Event programs, newsletter and public announcement will be used to maintain awareness of and promote sun protection.
9. Centre/Region officials and coaches will act as sun protection role models.

*This sun protection policy will be endorsed annually to ensure that it remains relevant to the needs of the Centre/Region.*

**Signed:** \_\_\_\_\_ **President:** \_\_\_\_\_ **Secretary:** \_\_\_\_\_  
**Name (please print):** \_\_\_\_\_

# RESPONSIBLE ALCOHOL MANAGEMENT POLICY

The Centre/Region is aware that alcohol, when misused can cause harm to the drinker and others.  
A responsible drinking policy has been adopted so as to reduce risks and avoid problems

The following strategies have been adopted:

1. There will be no sale or consumption of alcohol during the conduct of any Little Athletics events
2. Where alcohol is consumed at a Centre/Region function the following measures will be taken;
  - (i) Alcohol will not be served to minors, or in front of minors.
  - (ii) Alcohol will not be served to any person who is intoxicated.
  - (iii) Low alcohol and non-alcoholic drinks will be available and promoted.
  - (iv) Water will be available at no cost at functions where alcohol is served.
  - (v) Healthy food options will be available when alcohol is served.
  - (vi) Members who have been drinking will be encouraged to use safe transport options.
3. There will be no alcohol advertising at any venue used by the Centre/Region.
4. The Centre/Region will not accept any alcohol related sponsorship or use alcohol as a prize for fundraising activities.
5. The Centre/Region will comply with Liquor Licensing Victoria (LLV) regulations.

*This policy will be endorsed annually to ensure that it remains relevant to the needs of the Centre.*

**Signed:**                      **President:** \_\_\_\_\_ **Secretary:** \_\_\_\_\_

**Name (please print):**                      \_\_\_\_\_